



Township of Ocean

Recreation Department

“TOP2BOTTOM” Fitness Classes

Instructor Kristy Dougherty

Come and experience a new found respect and enjoyment for what your body and mind are capable of at any age, shape or size. Discover or re-discover how much fun your health and fitness journey can be. A little bit of this: low impact circuit training; a little bit of that: interval training; with a whole lot of energy thrown in. Take that step to make your life a healthy habit."

Please bring dumb bells, kettlebell, bands and a mat to class if you have any of these.

DATES: Wednesday's September 10 – December 3

{ No class Sept. 24, Oct. 22, Nov. 19 }

TIME: 11am-Noon

LOCATION: 11th St. Community Center

COST: \$ 70 for 10 sessions

All participants are required to bring dumb bells, kettlebell, and a yoga mat.

Please send payment and registration form to

Township of Ocean – 50 Railroad Ave – Waretown, NJ 08758

Make checks payable to O. T. Recreation

TOP2BOTTOM Fitness

Name: _____

Email: _____

Cell #: _____

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